



Section: I From The School
Our World

Arindham Bhatia, U-VI

This world we live in is extremely beautiful. It is also increasingly complex. On its beautiful hilltop it is easy to forget how fierce the competition outside our boundaries is. But that is no reason for us to be complacent and throw away the gift of knowledge. Some of us choose to shy away from the opportunities presented to us.

I feel confused by this hypocrisy, I fail to understand the likes of people who preach tolerance and respect but get outraged when anyone disputes their methods. I believe that the disparity between our words and actions causes more harm than benefit. Language becomes a tool of deception for the hypocrite. Words, which are meant to break down barriers, create more hurdles, masking their true purpose. Half of our problems would be solved if we did what we said.

Hypocrisy is one of the flaws in our nature. The challenge is to locate these faults within ourselves and overcome them. Thankfully, humans possess a fascinating trait. We genuinely try to improve ourselves. Improvement should be a continuous process. The first step is to have self-control. We must have total control on our thoughts for it is our thoughts that become actions and words and develop our personality.

We humans are biased beings. We tend to think overly well of ourselves. This hides our drawbacks and holds us back from being better versions of ourselves. We should be self-aware and introspect regularly to keep our egos in check. We need to carefully examine the reasons for each and every single step that we take. This will ensure that there is no wasted effort and we constantly have our goals

in mind. Lastly, to get respect we must give it. It is extremely important to treat others the way you want to be treated. This will ensure that you don't step on others toes while pursuing your goals.

But no matter how much we learn, improve or work, we can never truly be prepared for what life can throw at us. We should always expect the unexpected. To quote John Maynard Keynes, "The inevitable never happens, it's the unexpected always."

Women Emancipation

Shubhangi Aggarwal, L-V

India has long been a patriarchal and male dominated country. It is now time for women to rise out of the shadows and take their rightful place beside men in all aspects of life. In the last few years we have seen very powerful speeches being delivered by some of the famous public figures like Emma Watson, an actress and the UN ambassador for women's rights, Meghan Markle, the duchess of Sussex, Oprah Winfrey, a golden globe award winner.

My recent experience has shown me that somehow feminism has become a negative word and is used to describe a protest for women's rights but feminism can better be explained as belief that both men and women should have the same opportunities, rights and status in context to economic, social and emotional areas.

There have been such campaigns like ME TOO and TIMES UP to protest and speak up about the inhuman conduct of their fellow people. These movements have been supported and participated in by both the ones who have been prey to such gruesome situation and those who were safe. I would like to conclude by saying that respect for the

fellow human beings should be the prerogative of the human beings.

Today Is The Day

AnandiniTanwar

The world is not half as good as we know it to be but what are we? Are we good enough? We are the ones who constitute the world around and its upon us that how we mould the future!right? Repeated acts of human folly, injustice and cruelty have shattered people's belief in humanity.

Change and change for good are two different things. You may change today based on the circumstances but it will be short lived as compared to changing for good which will be for a lifetime.

Life isn't easy, destiny isn't fair. We sit right where we are passing narcissistic comments, devastating people and what good does it do to you.

Even Gandhi walked the path alone in the beginning and it was his pure intentions and strong opinion that gained the support of the people around him.

Start today, if your ideology is different and you can make a difference of your own. Be the leader and people will follow.

Men Gossip More Than Women

Kahkashan Sehgal, U-V

My apologies to all my male listeners today. I don't intend to be feminist or gender biased here but men gossip as much or may be little more. Women are generally tagged as gossipers for obvious reasons but few days back I read an article about research which states that men gossip a lot more than women and I could not agree enough. Ok so, there is this one guy who spends a lot of time discussing about how to impress girls while there is another guy who needs to be the first one to know every little thing. Then there is the third person who talks about other classmates, his teachers etc. I often find boys engaging in lot of conversations in hushed tones gossiping about someone at school. So what makes them different than women? Well women do it and men are little discreet about it. Gossiping is not bad

trait after all. It is a kind of a social skill and if done for pleasure and for a limited time is good and turns out to be entertaining. But gossip turning into a rumour is bad. However, it is definitely a myth that women gossip more.

MOTHER

Gayatri Sud, U-V

You speak the language of my heart
You help to give the new day a good start
Your company is a true pleasure
And your advice is a blessed treasure
You help me grow strong every passing day
Its so easy to talk to you when I have nothing to say
What hundreds of books could not teach
You taught me look how far I have reached
You help bind my heart and mind with love
You gave me wings to fly as high as a dove
Mother we share sweet and sad times together
You were, you are and you will be
The best mother ever

Siwalik House Show-2019

Jivika Sachdev

Siwalik ,the dark green coloured house have always led the pack ahead of time be it sports or academics. This yearthe house show of 2019 was nothing less thana celebration of different sorts. The Hawaiian dance- Siva Samoa performed by U4 and L5 girls, and the dancers did it with a lot of grace by using their hands and arms in a subtle and delicate manner. Then the orchestra lit up the Barne hall and got everyone humming to the tunes of dummarodum . Even KabirMitra sang beautiful western song using immaculate ukulele guitaring skills. His song was complemented by another stellar performance by JivikaSachdev singing'scared to be lonely'. The mime had everyone into splits of laughter with the act of 'the contagious phobia' which was executed well by L4 boys. The band AC/DC showed us the rockstar side of the house with excellent skills over the musical instruments. The well balanced English play- 'the difficult question' kept people guessing, 'what

next?’ And the end of the play was received with a huge amount of applause . The Eurasian western dance started with the U6 girls dancing to ‘Lambergini’ followed by U5 girls who danced to the tunes of a Korean song and the ketchup dance by U5 boys was so well synchronized that it looked like it was professionally choreographed. The nostalgic slideshow of the class of 2020 was complemented really well with the singing of AdityaRanjan and VirajMehra. This brought smiles on the face-of the students of the batch of 2020. The Hindi play - ‘teen sawal’ was quite informative and inspirational which was ably followed by the short and nice skit there is always a choice performed very ably to its tittle. TheRajasthani dance kalbelia was performed as celebration to theculture of snake charmers while they moved and swirled, replicating the movement of the serpent. Hundred years of JallianwalaBagh massacre was beautifully showcased and it bought patriotic feel in the hearts of the audience. The much awaitedbhangra was well received with a big roar in the crowd . The students of U6 performed well with the instrument of punjabi folk called ‘chikka’. The boys and girls were traditionally dressed to the punjabi folk with girls wearing bright patialasalwarkameez and boys wearing lungi, kurta and turbans. The unusual element of the bhangra was the radium gloves used to create beautiful patterns in the dark. This bhangra act gave goosebumps to the viewers. The final act of the evening was beautiful song by GunalKhullar. At the time of the curtain call all one could hear was the old Sanawarians cheering their house, Siwalik with full zeal and zest.

Psychology workshop for U -6 Psychology students

Akanksha Chaudhary

The interactive session was organised for UVI Psychology students on Self-Esteem awareness on 9th March. The resource person Dr. Nayanika Singh introduced the importance of self awareness in life. She highlighted the need for knowing one's strengths and limitations and using that knowledge

to relate to others for effective communication. The workshop was primarily focused on the quest to know oneself deeply and be true to one's feelings without disguise. During the session the students were exposed to the techniques of Mirroring, Blurring, Creative visualisation and Muscle relaxation for managing their day to day life events. This was followed by testing session of identifying one's self. Overall the workshop was very fruitful for the students.

Visit to the Jail Museum, Daghshai Jaiveer Singh, U-VI

On 24th March 2019 the history students of Upper Six class accompanied by Ranbir Singh Randhawa went to Dagsahi to visit the Jail Museum. The place is historic and possesses a lot of pearls to be explored by the keen observers of history. The visit enriched our knowledge about many chapters of the Indian and the World history, like The Revolt of 1857, The Gadar Movement, The Kamagatamaru incident, Boer Wars and the Irish freedom struggle. In the past, this building was used as a military jail and the British Indian Government put their opponents behind the bars in this jail. This is the only jail in the world where the father of the nation (Mahatama Gandhi) and his assassins (Nathu Ram Godse) both were put behind the bars. The visit was quite informative and educational.

Inter-House Jr. English Declamation

Inter-House Jr. English Declamation was held on 16th March, 2019. Boys and girls from L-IV to L-V participated in the same. They declaimed on topics like Life, Pleasures of Reading, Surgical Strike, Nehru’s Speech & Vivekanand’s Speech in Chicago. All the students spoke very confidently and the declamation definitely was highly informative for the audience. The results are as follows:

House Positions:

S. No.	House	Position
1.	Himalaya	First
2.	Vindhya	Second

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|----|----------|--------|
| 3. | Siwalik | Third |
| 4. | Nilagiri | Fourth |

Individual Positions:

Name	House	Class	Position
Shanaya Malhotra	Siwalik	L-IV C	First
Hritik Roy and Vaidehi	Vindhya	U-IV C L-IV B	Second
Veer Devgan	Himalaya	U-IV D	Third

Painting Competition

Yugen Yadav and Shivaditya Rathore, U V

On 12th March, 2019, we had a Painting Competition on the Topic 'Substance Abuse and its Harmful Effects' which was open to the students of classes L V to U VI. It helped in creating awareness in the budding artists' minds about substance use and abuse. Also it gave the students a chance to showcase their artistic skills and the knowledge about the topic. Many children incorporated quotations in their paintings to make it more effective. As children we did not know much about the topic so our Art teacher, Mrs. Ina Mehta Kansara, showed us some presentations about it before the competition commenced. Most children drew about over use of drugs and narcotics and how it affects the youngsters who are most vulnerable. They were really very happy when their paintings were appreciated very much by Ma'am.

The result of Painting Competition:

1 st Position	Samarth Kharbanda	U V	HBD
2 nd Position	Yashika	L V	VGD
3 rd Position	Devyani Singh	L V	VGD

Consolation Positions

AadilSharda	L V	NBD
Milan Takshak	U V	NBD

Painting Competition

Ina Mehta Kansara

The art competition commenced with great fervour and the art room was full of enthusiastic children. Many of them took their places outside the Art Room as there were no seats left for them. The time

just flew as they engaged themselves in completing their colourful and lively paintings. And at the end I had a big pile of wonderful creations. The judges had a tough time choosing the winners.

Here is what Arjun Chopra of class , L- III B, has to say about the Painting Competition. Art is a way to express our feelings and emotions on the blank canvas. The painting competition for Prep School was held on 20th March, 2019. The topics were Holi Celebration, My Mother, My Favourite Season, A Jungle Scene and A Garden Scene. Our Art Teacher gave us white A-4 size sheets. The children grabbed their paints and colours to print their thoughts on the paper. Everyone excitedly got on with their work. It was a joyous afternoon for all of us .

Result of Painting Competition Held on 20.3.19 for PD.

Class Lower III

1. EnyaGoyal	L III A	Consolation
2. Arjun Chopra	L III B	Consolation
3. Zoyana Wadhwa	L III A	3 rd
4. Devika Singh	L III C	2 nd
5. Abhinav Kumar	L III B 1 st	

Class Upper III

1. Inaaya Kumar	U III A	Consolation
2. SrinidhiPhutela	U III B	Consolation
3.AshikaDagar	U III C	3 rd
4. Sarah Mehta	U III A	2 nd
5. VaishnaviGautam	U III A	1 st

Spring Term Exchange Programme-Girls 2019

KamlaVaidya- Exchange Co-ordinator (Girls)

Student's Name (OUTGOING)

YakshitaBansal, SGD (29th April, 2019 to 24th May 2019) Cobham Hall School, Cobham Kent, DA12 3BL UK.

NavyaMonga, VGD (23th April, 2019 to 24th May 2019) Brookhouse School, Magdi Road Langata, PO Box 24987, Nairobi 00502, Kenya.

Aarushi Thakur, HGD (10th April, 2019 to 18th May 2019) Herschel's Girl School, Herschel Road, Claremont, Cape Town 7708, South Africa.

AdrikaSood VGD (23th April, 2019 to 24th May 2019) Brookhouse School, Magdi Road Langata, PO Box 24987, Nairobi 00502, Kenya.

PavitSidhu, SGD (10th May, 2019 to 18th June 2019) St. Stithians College 40.Peter Place, Lyme Park, Sandton, 2191, Private Bag 2, Randburg, 2125 South Africa.

SakshiGodhwani, NGD, (10th April, 2019 to 18th May 2019) Herschel Girl's School, 21 Herschel Road, Claremont, Cape Town 7708, South Africa.

TarikaKhanna, VGD (29th April 2019 to 24th May 2019) Cobham Hall School, Cobham, Kent, DA12 3BL UK.

Student's Name (INCOMING)

Safiya Mia HGD (10th April, 2019 to 18th May 2019) Herschel's Girl School, Herschel Road, Claremont, Cape Town 7708, South Africa.

Nikola Isabella O' Brien, SGD (10th May, 2019 to 18th June 2019) St. Stithians College 40.Peter Place, Lyme Park, Sandton, 2191, Private Bag 2, Randburg, 2125 South Africa.

Shazia Kadar, NGD (10th April, 2019 to 18th May 2019) Herschel Girl's School, 21 Herschel Road, Claremont, Cape Town 7708, South Africa.

Section II: SPORTS NEWS

Hodson Runs- 2019

Individual Results PD Girls & Boys

Events	Posi.	Name	House	Class	Timings
U-11	3rd	Risihika Vaishnavi	NPG	6C	3:54:07

	2nd	Deepika Sharma	VPG	6B	3:34:67
	1st	Inaaya Kumar	HPG	6A	3:21:36
U-12	3rd	XXX			
	2nd	XXX			
	1st	XXX			
U-11	3rd	Shubham Kaundal	VPB	5B	4:52:95
	2nd	Membh Camdir Mal	NPB	6B	4:4:605
	1st	Divyesh Kumar	VPB	6A	4:18:63
U-12	3rd	XXX			
	2nd	XXX			
	1st	Ranraj Singh Choudhary	VPB	6B	6:39:16

Individual Results Girls

Events	Posi.	Name	House	Class	Timings
U-13	3 rd	AnanyaGoyal	HHG	8D	6:41:83
	2 nd	AayushiSharma	HHG	8A	6:35:70
	1 st	Chaavi Narayan Moolchandani	SHG	7C	6:26:25
U-14	3 rd	GunnitKaur	HHG	8A	6:53:68
	2 nd	SohanaJishtu	HHG	8C	6:24:31
	1 st	UstatKaur Jatana	VGD	9B	6:23:54
U-16	3 rd	Kahkashan Sehgal	NGD	10B	6:46:60
	2 nd	Ruhun Thakur	SGD	10A	6:41:93
	1 st	Chitrangdha Thakur	HGD	9D	6:37:62
Opens	3 rd	SeeratSandhu	NGD	11D	6:57:50
	2 nd	SeharMehra	NHG	12A	6:36:01
	1 st	ManasviGoyal	HGD	12C	6:19:58

Individual Results Boys

Events	Posi.	Name	House	Class	Timings
U-13	3rd	KunalRai	SHB	7B	5:50:09
	2 nd	MhellerCamdir	NBJ	8B	5:47:22
	1st	JaimukundBhan	HBJ	8C	5:28:13
U-14	3rd	RajvanshNivada	NBJ	8A	8:39:58
	2nd	Neil Bansal	VBJ	9C	8:20:85
	1 st	Athrav Singh	NBJ	8A	8:19:77
U-16	3rd	Aditya Veer Singh			

	Chandel	NBJ	9B	9:29:08	
2 nd	HarshitNandy	HBS	10D	9:16:35	
1 st	Rajdeep Pal	NBJ	9A	9:05:22	
Opens	3rd	Aryan Attri	NBS	12A	12:29:98
	2 nd	Shardual Dual	NBS	12D	12:12:13
	1 st	Abhisar Kumar			
	Hooda	VBS	11A	12:04:35	

House Results

PD House Trophy:

Position	House	Points
Fourth	Siwalik	20
Third	Himalaya	37
Second	Nilagiri	42
First	Vindhya	95

GD House Trophy:

Second	Himalaya	325
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Position	House	Points
Fourth	Siwalik	63
Third	Vindhya	85
Second	Himalaya	138
First	Nilagiri	140

BD House Trophy:

Position	House	Points
Fourth	Vindhya	103
Third	Siwalik	122
Second	Himalaya	150
First	Nilagiri	161

Over all Championship Trophy:

Position	House	Points
Fourth	Siwalik	205
Third	Vindhya	283
First	Nilagiri	343

हिन्दी खण्ड

प्रार्थना सभा में आज का विचार:

हिमाचल प्रदेश के जिला कांगड़ा में आज से ठीक 112 साल पहले एक ऐसा भूकंप आया था जिस के नुकसान को सुनकर आज भी यहाँ के लोग सिहर उठते हैं। महज चंद सेकेंड की कंपन ने ही इस क्षेत्र के करीब 20 हजार लोगों को मौत की नींद सुला दिया था।

4 अप्रैल, 1905 की वह काली सुबह। अभी यहाँ के लोग ढंग से जागे भी नहीं थे कि 6 बजकर 19 मिनट पर भूकंप के दो झटकों ने कांगड़ा को बुरी तरह हिला डाला। उस समय वहाँ की आबादी भी कम थी और शहरों का आकार भी, बावजूद इसके उस समय भी इस भूकंप से मरने वालों का आँकड़ा 19 हजार 800 तक पहुँच गया। एक लाख भवन तबाह हो गए। कई ऐतिहासिक भवनों का नामो निशां तक मिट गया था। जहाँ बेहतर भविष्य की उम्मीद जगमगाती थी वहाँ उदासी से लिपटी तबाही ही तबाही नज़र आ रही थी। एक भी मकान ऐसा नहीं बचा जहाँ दोबारा जिन्दगी शुरू करने की गुंजाइश बची हो। इस भूकंप ने कुल्लू मनाली से लेकर शिमला, सिरमौर तक अपनी विनाशलीला

दिखाई थी। इस भूकंप से यहाँ के पुराने मंदिर भी ध्वस्त हो गये थे।

कांगड़ा के इतिहास को बताने वाले कांगड़ा व नूरपुर के विशाल किले भी तबाह हो गए थे। उस वक्त कांगड़ा जालंधर डिवीजन का भाग था। यहाँ हुई तबाही को लेकर तुरंत लाहौर से मदद भेजी गई। इस विनाशलीला से तबाह कांगड़ा को पुनः पटरी पर लाने के लिए सालों लग गए थे। प्रकृति जब कुपित होती है तो उसके दुष्परिणाम भूकंप जैसी प्राकृतिक आपदाओं के रूप में सामने आते हैं। जब भूकम्प आता है तो धरती काँप उठती है और चारों तरफ़ तबाही के मंजर देखने को मिलते हैं। कुपित प्रकृति विनाश का तांडव करती है जिसके सामने मानव असहाय नज़र आता है। अतः हमें चाहिए कि हम, प्रकृति का संरक्षण करें और उसका दोहन न करें।

आज, 4 अप्रैल है, आज हम सब उस त्रासदी में आहत हुए लोगों को श्रद्धांजलि अर्पित करते हुए ईश्वर से प्रार्थना करते हैं कि हे ईश्वर! हमें भविष्य में इस प्रकार की त्रासदी से बचाएँ।

धन्यवाद

अनुष्का मुखर्जी

कक्षा - नौवीं -ए

पापा का प्यार माँ की ममता

मेरे पापा सबसे महान,

सबसे ज्यादा हैं होशियार।

मेरी माँ सबसे प्यारी,

उनकी ममता है मुझे प्यारी।

रोज़ काम पर जाते पापा,

देर रात को आते पापा।

एक दिन का चैन नहीं है,

मेरे साथ समय नहीं बिता पाते पापा।

मेरी माँ सबसे पहले,

मुझे और मेरे भाई को खिलाए।

उसके बाद फिर खुद खाए।

वे दोनों हमारे लिए,

इतना कुछ हैं करते।

मैं भगवान से प्रार्थना करूँ,

कि उन्हें हमेशा खुश रखे।

जपहर कौर

कक्षा सातवीं ए

अंतर्वर्गीय हिंदी निबंध लेखन प्रतियोगिता

तिथि – 3 अप्रैल, 2019

कक्षा—पाँचवीं

स्थान	नाम	सदन	कक्षा व वर्ग
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प्रथम	अक्ष छाबड़ा	हिमालय	पाँचवीं ए
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द्वितीय	जोरावर सिंह	विंध्या	पाँचवीं ए
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तृतीय	अग्रिम सेठी	विंध्या	पाँचवीं ए
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कक्षा—छठी

स्थान	नाम	सदन	कक्षा व वर्ग
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प्रथम	उमेद सिंह	नीलगिरी	छठी बी
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द्वितीय अनन्या गौतम

शिवालिक

छठी बी

तृतीय सारा मैहता

नीलगिरी

छठी ए

कक्षा—सातवीं

स्थान	नाम	सदन	कक्षा व वर्ग
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प्रथम	शनाया मलहोत्रा	शिवालिक	सातवीं सी
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द्वितीय	आर्यन कृष्ण	शिवालिक	सातवीं सी
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तृतीय	गुरांश सिंह हुनरदीप सिंह	नीलगिरी हिमालय	सातवीं डी सातवीं डी
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कक्षा—आठवीं

स्थान	नाम	सदन	कक्षा व वर्ग
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प्रथम	उत्कर्ष वर्मा	शिवालिक	आठवीं डी
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द्वितीय	आरूषी भाटिया	विंध्या	आठवीं ए
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तृतीय	जयमुकुंद भान	हिमालय	आठवीं सी
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कक्षा—नौवीं

स्थान	नाम	सदन	कक्षा व वर्ग
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प्रथम	सान्वी खुराना	शिवालिक	नौवीं बी
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द्वितीय	हर्षिता	विंध्या	नौवीं ए
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तृतीय	मृगना गोयल	शिवालिक	नौवीं सी
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कक्षा—दसवीं

स्थान	नाम	सदन	कक्षा व वर्ग
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प्रथम	प्रियांशु शर्मा	विंध्या	दसवीं सी
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द्वितीय	हिमांशु सबरवाल	शिवालिक	दसवीं ए
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तृतीय	नुपुर शर्मा	हिमालय	दसवीं सी
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कहकशा सहगल नीलगिरी दसवीं बी

अंतर्वर्गीय पंजाबी सुलेख प्रतियोगिता

तिथि. 3 अप्रैल 2019

कक्षा—सातवीं

स्थान	नाम	सदन	कक्षा व वर्ग
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प्रथम	सना शर्मा	हिमालय	सातवीं सी
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द्वितीय	समकित जैन	शिवालिक	सातवीं सी
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तृतीय	समयन अरोड़ा	हिमालय	सातवीं ए
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कक्षा—आठवीं

स्थान	नाम	सदन	कक्षा व वर्ग
प्रथम	शौर्य जिंदल	नीलगिरी	आठवीं ए
द्वितीय	अथर्व सिंह	हिमालय	आठवीं ए
तृतीय	हुनर सोनी	हिमालय	आठवीं

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